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Vegetables from home gardens . . .

Vegetables from truck farms . . .

Vegetables from wherever they grow, tender and tasty, help to keep meals balanced when other foods are scarce.

Every root vegetable has its virtues. Carrots, for instance, get a high rating for vitamin A. Turnips, especially if eaten raw, help to fill the daily vitamin C quota. Onions are the world's most popular seasoning.

To get the good from vegetables—

Eat some raw, some cooked.

Cook quickly; use all the juices.

Store to keep crisp and plump. Root vegetables like a cool, moist place best. One exception—winter onions—like it cool and dry.

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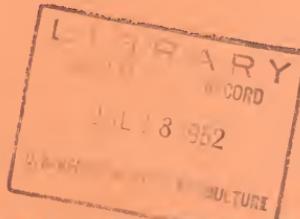
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Vegetables * in *
Everyday * Meals *



U. S. DEPARTMENT OF AGRICULTURE

BEETS

Beets and Beet Greens

Cook baby beets and greens in water until tender (about 30 minutes), drain, and chop together. Season with fat, salt, and pepper.

Or use the tops of larger beets if they are still crisp and green. They may take longer cooking, but are high in food value.

Harvard Beets

1 tablespoon cornstarch	1/4 cup vinegar
or 2 tablespoons flour	1/4 cup water
2 to 4 tablespoons sugar	2 tablespoons fat
1/2 teaspoon salt	3 cups cooked beets, sliced

Mix cornstarch or flour, sugar, and salt. Add vinegar and water and boil 5 minutes, stirring constantly. Add the fat and beets, and let stand until the sauce becomes red. Reheat.

Beet Soup

Here's a quick way to make beet soup something like Russian borsch, but using leftovers.

Add finely chopped cooked beets to meat broth, along with chopped cooked onion, carrot, or cabbage. Season with herbs and serve hot. Some like beet soup topped with sour cream.

PARSNIPS

Browned Parsnips

To get rid of the woody core, boil the parsnips whole, split lengthwise, and strip out the tough center. Dip the halves in flour and fry in fat until they are golden brown. Or mash and season the parsnips to make little cakes, and fry them.

Scalloped Parsnips

Arrange cooked parsnips, split lengthwise, in a baking dish, pour over them thin white sauce, sprinkle with bread crumbs, and bake in a hot oven (400° F.) 20 minutes or until brown.

CARROTS AND TURNIPS

Panned Carrots

Slice carrots thin. Place in a frying pan with a little melted fat, cover, cook slowly until tender. Season with salt and pepper.

If desired, fry carrots with sliced onions.

With Apples.—Cut the carrots in strips and cook as above until almost tender. Then add apples sliced in rings with the skins on, sprinkle with salt and sugar, and brown well.

Carrot Scallop

Arrange 3 cups of sliced cooked carrots in a baking dish. Pour over them 2 cups of thin white sauce. Sprinkle with a mixture of bread crumbs and grated cheese, if desired. Bake in a moderate oven (375° F.) 20 minutes or until browned.

Quick Carrot or Turnip Soup

Cook 3 tablespoons of finely chopped onion in 2 tablespoons of fat for a few minutes. Stir in 3 tablespoons of flour. Add 6 cups of heated milk and 2 cups of grated, ground, or finely chopped raw carrots or turnips. Season with salt and pepper. Stir well and cook until tender, about 10 minutes.

Carrots or Turnips O'Brien

Chop cooked carrots or turnips and season with salt and pepper. Add chopped green or sweet red pepper. Melt 2 tablespoons of fat in a frying pan and spread a thin layer of the vegetable in the pan. Heat slowly, serve hot.

Turnips and Greens

Cook tiny turnips and their greens together just as you would baby beets.

Mashed Rutabagas and Potatoes

Cook equal portions of rutabaga and potato together. Drain. Mash and season with salt and pepper. Serve hot.

ONIONS

Onion Soup

Cook 2 cups finely chopped onions in 2 tablespoons fat until lightly brown. Sprinkle with 3 tablespoons of flour and stir. Add 1½ quarts hot meat broth, made by cooking a soup bone in water, and stir until smooth. Season with salt and pepper and simmer until the onions are tender and flavor well blended. Serve in bowls with a slice of toast in each.

If you have dry cheese on hand, grate a little over the toast.

Spring Onions on Toast

If you have an abundance of spring onions, allow 6 or 7 finger-size ones to each serving. Cook, green tops and all, until tender in lightly salted boiling water, about 20 minutes if onions are young and fresh. Season with melted fat and serve on toast.

Scalloped Onions and Peanuts

Measure 3 cups of cooked onions, 1 cup of ground roasted peanuts, 2 cups of thin white sauce, 1 cup of bread crumbs blended with a little melted fat. In a baking dish, make alternate layers of onions, peanuts, and sauce; top with bread crumbs. Bake in a hot oven (400° F.) 20 minutes or until crumbs are brown.

Stewed Onions and Tomatoes

Stew sliced onions with tomatoes, thicken with a little flour or stale bread toasted and broken into small pieces.

ROOTS AND ROAST

Place root vegetables around a pot roast when the meat is nearly done. Make it any combination you like—onions, potatoes, turnips, carrots, whole or in halves. Cook under a lid until the vegetables are almost tender, then baste with the meat broth, and let brown lightly. Serve on a hot platter with vegetables circling the meat.

MIX YOUR VEGETABLES

Vegetable Soup

Simmer a soup bone in water. To each quart of this meat broth allow—

1 medium-size onion	1 small green pepper
2 small carrots	2 stalks celery and leaves
1 turnip	1 cup tomato juice and
1 medium-size potato	pulp

Cut all the vegetables about the same size and shape. Cook until tender in the salted meat stock. Season well and serve hot.

Vegetable Chowder

Make chowder with the same vegetables as for soup, but use milk instead of meat broth. Brown the onion first in meat drippings. Then add the cut-up vegetables and 2 cups of boiling water. Cook until vegetables are tender. Add 3 cups of hot milk, ¼ cup of bread crumbs, and season to taste. Serve hot.

Vegetable Stew or Pie

Use half as much meat broth and the same quantity of vegetables as for vegetable soup. Thicken with a tablespoon of flour mixed with cold water, and you have a delicious stew.

Or put the stew in a baking dish, cover with rounds of biscuit dough or with mashed potatoes, and bake in a hot oven.

SOME RAW

For a *relish* to eat raw with salt, serve spring onions, young turnips, and carrots cut in thin sticks.

For a *salad* to mix with dressing . . . Shredded raw carrots with sliced cabbage, or diced apple.

Shredded carrots and cottage cheese balls.

Diced raw rutabaga, chopped green pepper, and cold cooked potato.

For a *sandwich*, shredded raw carrot with chopped nuts or raisins, mixed with table fat.



Watch the pot... don't overcook

GUIDE TO BOILING

Beets—young	30-45 minutes	Parsnips	20-40 minutes
older	45-90 minutes	Onions	20-40 minutes
Carrots—young	15-25 minutes	Rutabagas	20-30 minutes
older (sliced)	15-25 minutes	Turnips	15-20 minutes

Crimson beets . . . orange carrots . . . tur-nips, white, yellow, purple-topped . . . cream-colored parsnips . . . green spring onions, dry winter onions, brown, red, and silver-skinned—these vegetables from the earth bring vitamins, minerals, starches, and sugars to help supply the body's needs.

When the Kettle Boils

To make the most of minerals, vitamins, and flavor . . .

- Start root vegetables in boiling salted water . . . about 1 teaspoon of salt to a quart of water.
- With young tender roots use only enough water to prevent sticking to the pan. For older roots, have enough water to cover.
- Boil root vegetables whole in their skins unless too strong or tough.
- If peel you must, make the peelings thin, or scrape no more than skin deep.
- To keep beets from losing their bright red, leave on the long taproot and an inch or two of stems. A quick dip into cold water loosens the jacket on a cooked beet so it slips off like a glove.
- To speed cooking time . . . save fuel . . . conserve vitamins, cover the kettle. If not overcooked, even onions and turnips are not too strong flavored.
- Slice or dice to cut cooking time more.
- To bring out their best, cook root vegetables only until tender. Don't overcook.
- Serve in their own juice, or if too much, use right away in soup, sauce, gravy, or vegetable cocktail.

Season to Taste

Easiest way to season a plain-cooked hot vegetable is to add salt and pepper to taste and a little meat drippings or melted fat, just before ready to serve.

Or some like a little milk added at the last minute to cooked carrots, turnips, or onions.

To give more "lift" now and then, drop in a little chopped onion, green onion tops, green pepper, parsley, or chives.

A little vinegar or a squeeze or two of lemon juice adds a pleasantly sour note to seasoning for boiled carrots, beets, or turnips.

Be "Saucy" Now and Then

White sauce blends well with plain-cooked onions, carrots, parsnips, or turnips.

For a medium-thick sauce to serve over vegetables, blend 3 tablespoons of flour with 3 tablespoons of fat. Add 1½ cups of milk (fresh, evaporated, or dried mixed with water). Cook 5 minutes, stirring constantly to make the sauce smooth. Season to taste with salt and pepper. This makes enough sauce to mix with 3 cups of cooked vegetables.

Some vegetables are better with a thin white sauce, made with 2 tablespoons of fat to 2 of flour, for 2 cups of milk.

Invent your own.—To the white sauce add leftover bits of meat or fish, or hard-cooked egg, or grated cheese.

For a thrifty family-size scalloped dish, combine leftovers of vegetables too small to serve by themselves with a white sauce—plain or fancy. Top with bread crumbs and bake until bubbling and brown.

Recipes in this leaflet are for 6 servings.